hydration and vibration by adding water into the Vitamin A pro-Liposomes before usage. The invention significantly improves the stability of Vitamin A and the Vitamin A Liposomes. The Vitamin A Liposomes produced through this method can be used as materials in the field of pharmaceutical and cosmetics production. It is simple and convenient to produce the cosmetics with the sound formula containing Vitamin A by using the Vitamin A liposomes produced through this method as material. ~~The liposome containing vitamin A as active agent, carriers (supporter) and lipids as adjuvents and liposome-forming materials. The process comprises: adding vitamin A and lipids to carriers, forming a liposomal vitamin A in the form of solid, then rehydrating to give a liposomal dispersion. The process can improve the stability of vitamin A and liposomal vitamin A. The present liposome is useful for the manufacture of pharmaceutical and cosmetic formulation.~~